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Monday, April 4, 2011
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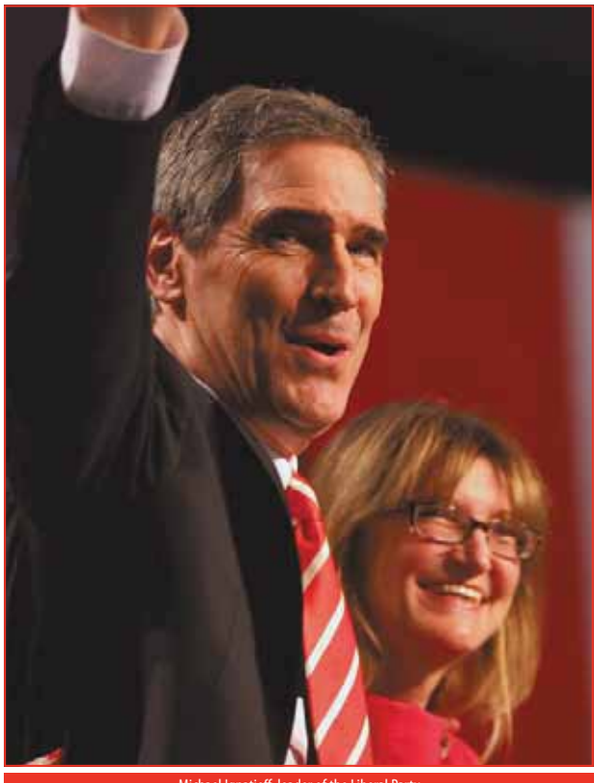
News worth sharing.

It's time for a leader who will do something to help your family.



Michael Ignatieff, leader of the Liberal Party

Presenting the new Liberal Family Pack

1. Learning Passport
2. Early Childhood Learning and Care
3. Family Care
4. Stronger Public Pensions
5. Green Renovation Tax Credit

To find out how the new Liberal Family Pack will help your family, turn the page.

Liberal

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The *New* Liberal Family Pack

"We can strengthen families – without raising your taxes – if we stop corporate give-aways, control wasteful spending like $30-billion fighter jets, and focus on what really matters: giving every Canadian the tools to succeed in the years ahead." - Michael Ignatieff

1 Learning Passport

- $1,000 a year over four years $4,000 in total into an RESP for every high school student to use when they go to college or university.
- For students in low income families, the amount will be $1,500 a year, or an extra $6,000 in total.

2 Early Childhood Learning and Care

- To give our kids the best start while giving parents access to affordable, quality child care, a Liberal government will create a new Early Childhood Learning and Care Fund.
- This fund will help create new child care spaces across Canada, with affordable fees, and qualified, professional staff.

3 Family Care

- A new Family Care Employment Insurance Benefit, similar to EI parental leave, to let you take six months off work to care for a gravely ill family member at home.
- A new Family Care Tax Benefit up to $1,350 annually, modeled on the Child Tax Benefit, to help low-and middle-income families manage costs.

4 Stronger Public Pensions

- Work with the provinces and territories to gradually expand the Canada Pension Plan (CPP), the most reliable, simple and low-cost way to save.
- A new Secure Retirement Option, which is a voluntary supplement that will let you top up your CPP. The SRO will make it easy to save for your retirement without the risk, costs and complexity of the stock market or RRSP's.
- Help low-income seniors with a $700 million boost to the Guaranteed Income Supplement (GIS).

5 Green Renovation Tax Credit

- A Liberal government will implement a Green Renovation Tax Credit of up to $13,500.
- This fund will help families with the up-front costs of energy-saving home renovations such as installing energy-efficient windows, improving insulation, replacing old appliances, and upgrading roofing.

Liberal

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#BOMBING
SHEEN TOUR GETS OFF TO ROCKY START IN DETROIT {page 13}

LEWD LEGACY

THE ECHO OF BRIT'S SEXUALIZED INNOCENCE {page 17}

TORONTO metro®

Monday, April 4, 2011
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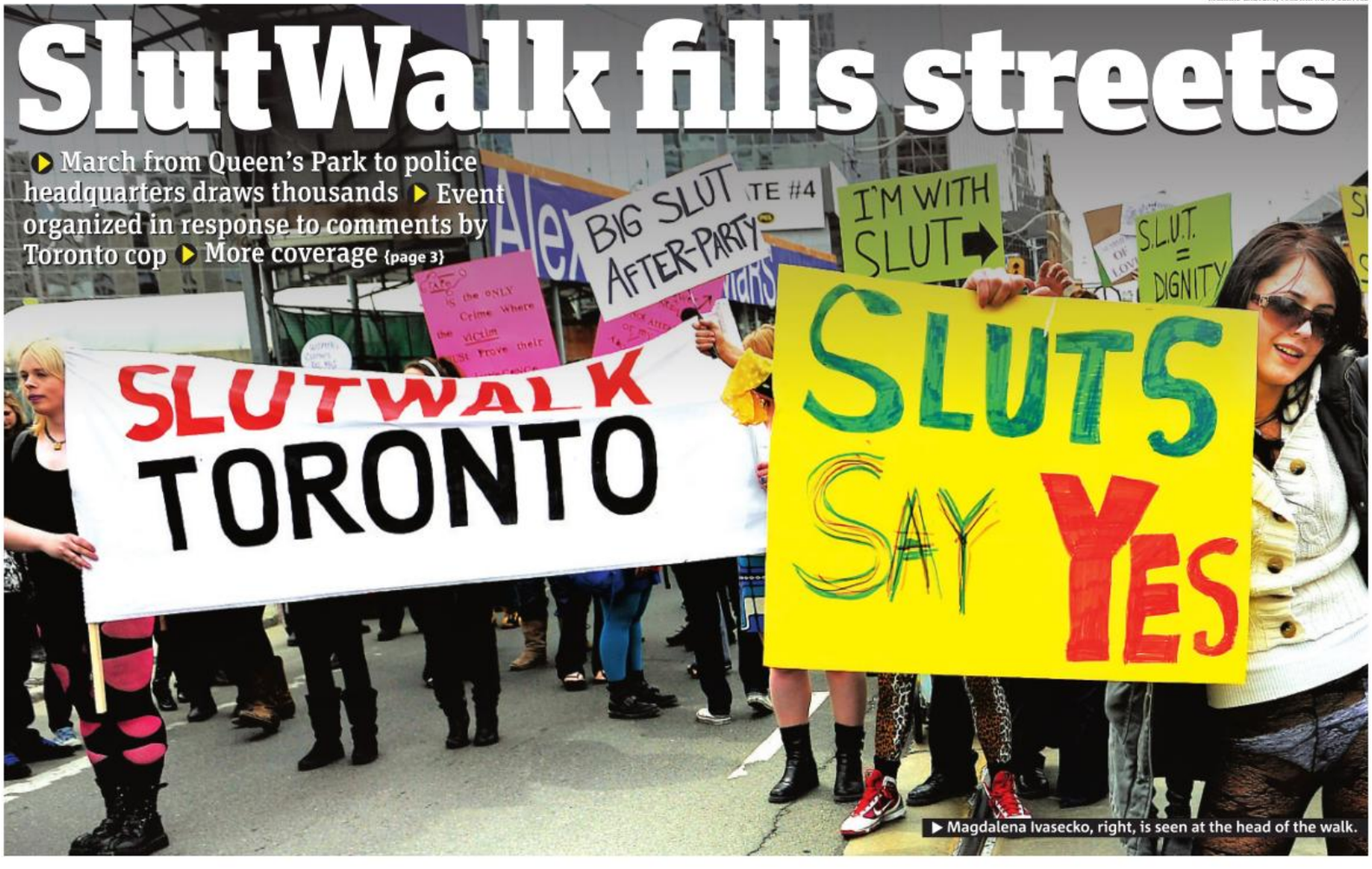
News worth sharing.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

SlutWalk fills streets

▶ March from Queen's Park to police headquarters draws thousands ▶ Event organized in response to comments by Toronto cop ▶ More coverage {page 3}



▶ Magdalena Ivasecko, right, is seen at the head of the walk.

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‘Whatever we wear ... yes means yes and no means no’

‘SlutWalk’ marchers hit police headquarters to protest cop’s comment about rape, women’s dress

Women wearing high heels and fishnet stockings were prominent in a demonstration yesterday to protest a Toronto police officer’s comment that women could avoid rape if they didn’t dress like “sluts,” an attitude that organizers said points to a wider problem in the justice system.

“Whatever we wear, wherever we go, yes means yes and no means no,” the crowd chanted, as they marched on police headquarters, calling on police to stop blaming rape survivors for what happened to them.

Const. Michael Sanguinetti made the “slut” comment to a group of York university students last January.

He later apologized, but the comment points to persistent problems in Canada’s justice system when it comes to dealing with sexual assault, organizers and participants of the so-called “SlutWalk” said.

Sierra Chevy Harris, a student at the University of Guelph, said the officer’s remarks are “a small example of how a large amount of people in the justice system truly think.”

“It’s evident in many cases where the victim has been criticized for the way they looked or dressed in a sexual assault case,” she said.

Sonya Barnett, one of the event’s organizers, said those attitudes are one of the main reasons women are so reluctant to report sexual assault.

Sexual assault is about power and has nothing to do with the victim’s appearance, she said.

Harris said she shouldn’t be made to feel vulnerable for wearing a sexy outfit. “We need to criticize the people who are actually committing the crimes,” she said.

There were a significant number of men among the marchers. Many demonstrators brandished signs with slogans like Down With Rape Culture.

THE CANADIAN PRESS

Judge

The Toronto officer is not the only person in Canada’s justice system who has found himself in hot water over comments about sexual assault.

- A handful of people rallied in Winnipeg Friday to protest Manitoba Justice Robert Dewar’s comments about the way a female rape victim was dressed.
- The prosecution in the case has launched an appeal of Kenneth Rhodes’ sentence of house arrest instead of prison time, citing Dewar’s comments.
- At a hearing, Dewar suggested the victim’s clothing and flirtatious behaviour were partly to blame for the attack. He called Rhodes a “clumsy Don Juan” and noted the woman wore a tube top, high heels and plenty of makeup.

Port. Credit

▶ A group of locals watch fish being released yesterday into a floating pen in Port Credit harbour.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Lake life for young salmon

Volunteers from the Port Credit Salmon and Trout Association attempted to put 5,000 young salmon into a holding pen yesterday. Minutes before receiving a name, a chinook dubbed Sally made a mad dash for freedom and got away, to the amusement of onlookers. Her fellow fish, six months old, will spend a few weeks in the pen, and be fed three times a day as they get acclimatized to Lake Ontario. They are part of an ongoing project to increase the salmon population in the area.

U of T scientists help ID new Alzheimer’s genes

A large international Alzheimer’s research study that involved University of Toronto scientists has identified four new genes that provide insight into the cause of the devastating disease.

“Each identified gene adds to the risk of dementia later in life,” said Dr. Peter St. George-Hyslop, director of U of T’s Tanz Centre for Research in Neurodegenerative Diseases. “This is giving us some new clues.”

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

▶ Dr. Peter St. George-Hyslop

1 news

News on the move

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2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the Web at metronews.ca

As Stephen Harper and Michael Ignatieff take the day off, Jack Layton steals the Sunday spotlight. Video at metronews.ca

Follow us on Twitter @metrotoronto

The bizarre job of reporting from Gadhafi’s “gilded cage” for foreign journalists in Libya. Scan the code for the story.

Getting the ballot out in riding with low voter turnout

Many residents of the Scarborough-Rouge River riding are relatively new to Canada Some are not familiar with the electoral process here

TORSTAR NEWS SERVICE

Rathika Sitsabaiesan, the NDP candidate in Scarborough-Rouge River, talks at the door with Sandy Rumana, 30, a young mom from Malaysia who just moved into the area. The riding had the lowest voter turnout in the GTA during the 2008 federal election.

Election 2011

Derek Lee unfurls a map of Toronto's Scarborough-Rouge River riding and spreads it across the desk of his federal constituency office in a Sheppard Avenue East strip mall.

The Liberal MP, who has served the multicultural riding on the city's northeast edge for the past 23 years, points to an isolated subdivision on the banks of the Rouge River, northeast of Morningside and Sheppard avenues.

"Look where these people had to vote last time," he says with exasperation. "If they didn't have a car, they would have had to take two buses and then walk all this way into an entirely different neighbourhood."

Voters' proximity to polling stations, their access to public transit and how often they move also affect turnout.

First-time NDP candidate Rathika Sitsabaiesan also put some blame on lacklustre campaigning by local candidates.

One week into the campaign, the 29-year-old industrial relations graduate and Tamil community activist is shocked by the number of longtime area residents who have never met a politician.

"It's the first time I've had a politician come to my door. And I've lived here 22 years," retired secretary Hazel Child, 74, tells Sitsabaiesan as she canvasses a 1970s-era condominium tower across from the Malvern Town Centre shopping plaza near Tapscott and Neilson roads.

Turnout in Scarborough-Rouge River sunk to an unprecedented 47.4 per cent — the lowest of any GTA riding and second lowest in the province.

TORSTAR NEWS SERVICE

The riding

Scarborough-Rouge Valley statistics:

- **Population** 130,980
- **Eligible voters** 83,057
- **Immigrant population** 88,445 (68 per cent)
- **Visible minorities** 117,085 (89 per cent)
- **Median age** 35

Female officers settle case with male sergeant

They were street cops, undercover officers and plainclothes detectives with anywhere from one month to 30 years of police experience.

What brought them together was a determination to hold a Hamilton police sergeant accountable for what they describe as "serial" sexual harassment, which included invitations to sit on his lap and in his hot tub."

"I think we found strength in numbers," said Det. Const. Angela Weston in an exclusive interview Friday before the 11 female Hamilton officers and one civilian employee settled a human rights complaint over the conduct of Sgt. Kevin Dhinsa.

The settlement avoids a lengthy hearing that was set to begin today before the Human Rights Tribunal of Ontario.

TORSTAR NEWS SERVICE

Lawyer Falconer

- **Complainants** Lawyer Julian Falconer, who represented 10 of the complainants, said he is "very proud" to have acted for them.

STUDY

Nothing wasted in fecal cure

In what some might view as revolting quackery, Toronto researchers are performing a "fecal transplant" later this month as part of a major study to see if donated stool can cure patients from a severe bacterial infection.

Before you pooh-pooh the idea, read on. The experimental treatment, which has been practised for more than 50 years around the world, is gaining mainstream recognition and giving new hope to people suffering from recurrent bouts of antibiotic-resistant C. difficile infections.

Infectious disease specialist Dr. Susy Hota, who is heading the research, acknowledges most people are disgusted when they first hear about fecal transplants. But patients who can't shake the bug with standard drug treatment are desperate to try anything, she says.

TORSTAR NEWS SERVICE

Asking for the public's feedback

Town hall meetings and online surveys are on the way soon to help the city figure out what Torontonians want most from their local parks and recreation services.

Toronto's parks and recreation division is looking for public feedback on community centres, rinks, sport fields and pools to programs such as camps, karate instruction and mom-and-tot swim sessions, to help develop its five-year "recreational service plan."

TORSTAR NEWS SERVICE

Woman in custody after man stabbed

Toronto police have one woman in custody after an early morning stabbing Saturday.

Police say a 24-year-old man was stabbed in the chest around 3 a.m. near Sherbourne and Dundas streets.

The incident occurred during an altercation in an apartment building.

Police said the man was in stable condition but not co-operating with the investigation.

Police didn't say whether charges have been laid. THE CANADIAN PRESS

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COUNTERING

Liberal's campaign launch is painted as a stark contrast to Conservatives' tightly-scripted style

Never mind the substance, check out the style.

The Liberal campaign platform launch yesterday wasn't just an opportunity for the party to tout its "family pack" policy agenda paid for by billions in business tax hikes.

The online launch of the 94-page document was designed as a study in contrasts between Liberal Leader Michael Ignatieff and Prime Minister Stephen Harper as Canadian voters consider their ballot choices for May 2.

"This is what democracy looks like," said Ignatieff, speaking without notes or TelePrompTer in a hotel ballroom ringed with seated supporters like an amphitheatre.

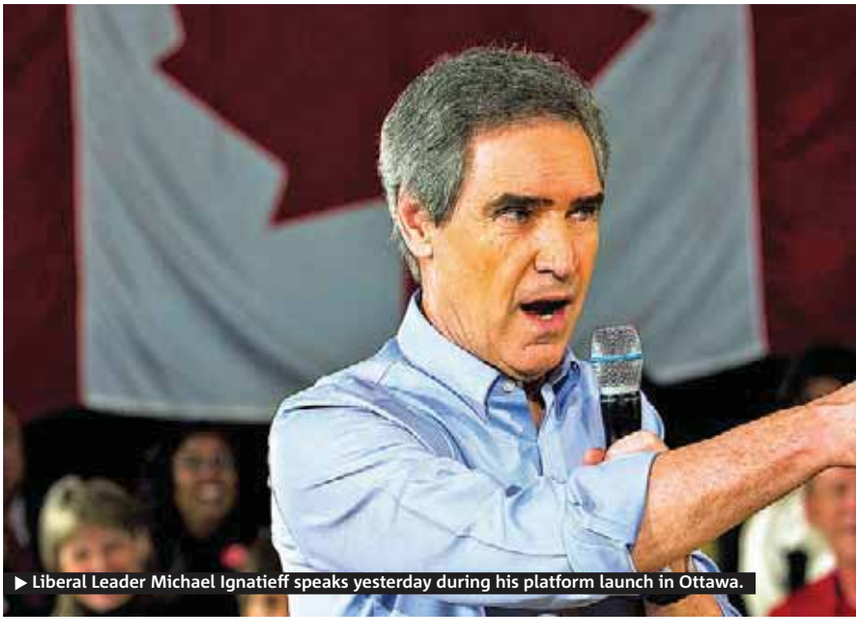
"This is the right way to do it, folks. This is the only way to do it in a democracy. You put ideas out, you defend them clearly and then you stand and answer questions in front of the Canadian people."
LIBERAL LEADER MICHAEL IGNATIEFF

The detailed Liberal platform release comes unusually early in the 36-day campaign. It mirrors the Liberal launch of their 1993 campaign Red Book that was also delivered in a budget-style media lockup at a downtown Ottawa hotel — designed to lend an air of credibility to a policy blueprint.

This time, the document also went out online, something Ignatieff said made "a little bit of history."

The launch format included video addresses from Liberal candidates — all women — touting four family friendly platform elements: Pension reforms; post-secondary education; home care; and early childhood education.

"The other guy's are a one-man band," Ignatieff said of Harper. "I've got a team." **THE CANADIAN PRESS**



▶ Liberal Leader Michael Ignatieff speaks yesterday during his platform launch in Ottawa.

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HARPER'S STYLE

NATHAN DENETTE/THE CANADIAN PRESS

PM takes a shot with sports tax credit for adults

Stephen Harper started the second week of his federal election campaign in his personal comfort zone: Listening to some AC/DC and playing a little hockey.

He stayed in his policy comfort zone as well.

Harper announced that, if elected, his Tories would double the existing tax credit for children's sports to $1,000 and introduce a $500 credit for adults.

But neither will come into force until the budget is balanced — or not until 2015-16, according to Tory estimates.

An expert panel will decide which activities qualify for the credit, Harper said as a young group of aspiring martial artists kicked and punched the air behind him.

The kids' program is slated to cost about $145 million per year, while the adult program carries an annual price tag of $275 million.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper plays ball hockey yesterday with a group of youngsters in Ottawa.

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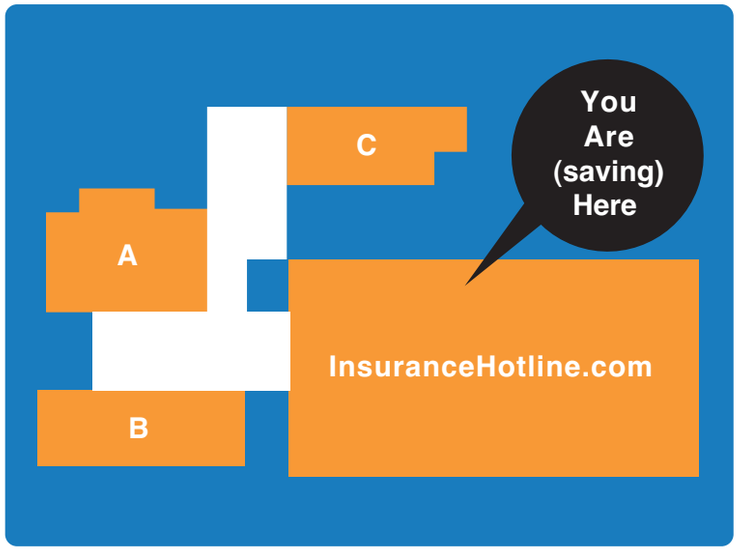

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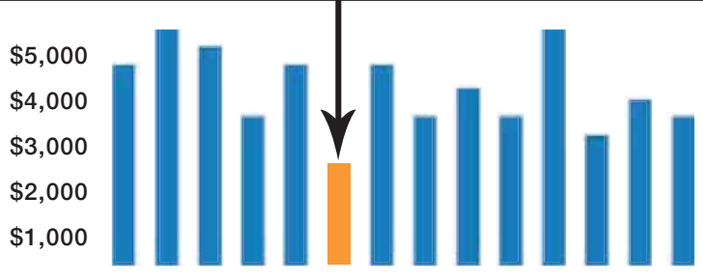

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RAHMAT GUL/THE ASSOCIATED PRESS

Afghan protesters beat a burning effigy of U.S. President Barack Obama yesterday during a demonstration in Jalalabad, Afghanistan.

Protests spread over pastor's Qur'an burning

Demonstrations move to Afghanistan's turbulent east Sparked by burning of Qur'an at Florida church

Demonstrators battled police in southern Afghanistan's main city yesterday and took to the streets in the turbulent east for the first time as Western pleas failed to halt a third day of rage over a Florida pastor's burning of the Qur'an.

An officer was shot dead in a second day of clashes in the city of Kandahar, said provincial health director Qayum Pokhla. Two officers and 18 civilians were wounded, he said.

In Jalalabad, the largest city in the east, hundreds of people blocked the main highway for three hours, shouting for U.S. troops to leave, burning an effigy of U.S. President Barack Obama and stomping on a drawing of a U.S. flag.

The violence was set off by anger over the March 20 burning of the Qur'an by a Florida church — the same church whose pastor had threatened to do so last year on the anniversary of the Sept. 11 attacks, triggering worldwide outrage.

The protests, which began Friday, also appear to be fuelled more broadly by the resentment that has been building for years in Afghanistan over the operations of Western military forces, blamed for killing and mistreating civilians.

THE ASSOCIATED PRESS

JAPAN

Engineers aim to stop nuke leak

Engineers pinned their hopes on chemicals, sawdust and shredded newspaper to stop highly radioactive water pouring into the ocean from Japan's tsunami-ravaged nuclear plant yesterday as officials said it will take several months to bring the crisis under control, the first time they have provided a timetable. Concrete already failed to stop the tainted water spewing from a crack in a maintenance pit, and the new mixture did not appear to be working either, but engineers said they were not abandoning it.

The Fukushima Daichi plant has been leaking radioactivity since the March 11 tsunami carved a path of destruction along Japan's northeastern coast, killing as many as 25,000 people and knocking out key cooling systems.

THE ASSOCIATED PRESS

Women attacked, say activists

Thousands of women calling for the ouster of Yemen's longtime ruler were attacked yesterday by police with sticks and rocks, setting off a furious battle with male protesters that left several people hurt, activists said.

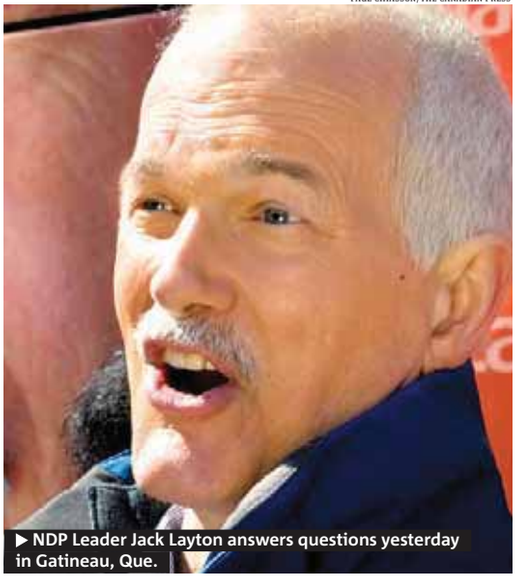
The women were marching down a main street shouting, "peaceful!" when they were attacked, activist Ghazi al-Samei said.

THE ASSOCIATED PRESS

Layton gives Liberal platform the brush-off

NDP woos Quebec with promise of better health care But Liberals accuse candidate of being separatist

PAUL CHIASSON/THE CANADIAN PRESS



▶ NDP Leader Jack Layton answers questions yesterday in Gatineau, Que.

Jack Layton brushed off both the Liberal platform release and claims that one of his Quebec candidates flirted with separatists yesterday as the NDP campaign continued trying to find its footing.

Without having read the Liberal program, Layton dismissed it as hollow and suggested the promises that have populated the party's Red Books over the years "were broken in record numbers."

It was left to one of Layton's unelected candidates, Francoise Boivin — a former Liberal in Gatineau-Hull — and his wife, Toronto NDP incumbent Olivia Chow, to dissect the platform in detail.

It was a curious strategy, given that the NDP are battling Liberals for much of the same electoral turf, and that Liberal Leader Michael Ignatieff appeared to make gains at Layton's expense during the first week of the campaign.

Chow, who held up a copy of the 1993 Liberal campaign book to emphasize unfulfilled promises on a national daycare program, defended her husband's absence.

The NDP chief's message of fighting for better health care in western Quebec was partly drowned out yesterday by Liberal accusations that another of Layton's local candidates, this time in the riding of Hull-Aylmer, supported the Parti Québécois in the 2007 provincial election.

Nycole Turmel, a retired federal civil servant, was forced to defend her allegiances to local reporters with questions about the claim by Liberal incumbent Marcel Proulx.

"I already said I was not a separatist. I am federalist," Turmel said. "I believe in social values. I work with everybody, especially those who were onside with the social values."

THE CANADIAN PRESS

CONTRIBUTED

▶ Phillips' Facebook page

Tory staffer blasts party's media strategy on Facebook

A junior Conservative staffer has lashed out at his own party on Facebook, citing "stupidity" among Tory communications staff.

Tony Phillips posted a message urging the Conservatives to let Prime Minister Stephen Harper answer more than five questions a day from the media.

Harper has limited the number of media questions he fields on the campaign trail — a move that has come under fire from many quarters.

Phillips writes that "when Sun Media starts to attack our amazing government, you know stupidity has prevailed amongst communications people."

THE CANADIAN PRESS

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50	$17	$35	$60	$13	$26	$40
55	$25	$55	$93	$19	$38	$69
65	$63	$148	$291	$41	$96	$185

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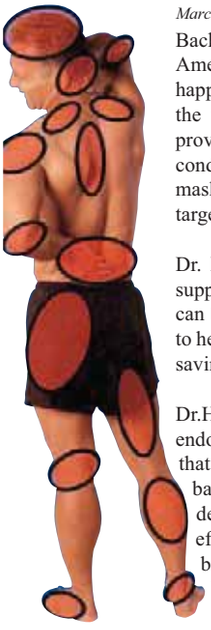
369

New Innovation for Back Pain Sufferers

Doctor developed decompression belt has been called the solution for back pain. Dr.Michael Ho announced, he is giving 50% off for one week only. Due to the Introductory Sale rush, each household is limited to only 2 belts.



Marc Charron - Health and Lifestyle

Back pain affects 80% of North Americans. It can rob you of your happiness and stop you from doing the things you enjoy. While pills provide temporary relief, the condition can reoccur, because pills mask the symptoms but do not target the cause of the pain.

Dr. Ho has developed a new back support, decompression belt that can be used at home, allowing you to help relieve your back pain, while saving time and money.

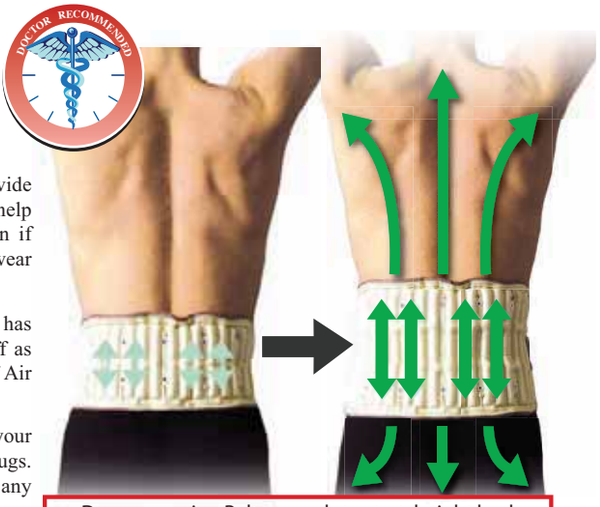
Dr.Ho's Decompression Belt is endorsed by doctors and customers that have suffered with chronic back pain. "I have used many devices, but nothing is as effective as the decompression belt. I developed this belt because patients need a device they can use at home that fits into their busy lifestyle. By treating yourself daily, it will speed up the recovery time. This belt will help protect and treat your back," says Dr.Ho.

DR-HO'S Decompression Belt is hand crafted and is a FDA registered Medical Device. It expands to help decompress the spine to provide support and help relieve the pain. The belt will help relieve your pain in as little as 20 mins, even if you've suffered for many years - you can even wear the belt while doing activities.

As an exclusive Metro Newspaper sale, Dr.Ho has agreed to give the first 100 customers 50% off as well as include a free pair of Back Pain Relief Air Orthotics worth a value of $80!

"The Decompression Belt will help eliminate your back pain fast, safe and without the use of drugs. You don't have to live with your back pain any longer."

To be one of the first 100 customers, please call 1-877-792-1322 or visit www.DrHoNow.com



Decompression Belt expands to stretch tight back muscles to help rlieve pressure on pinched nerves caused by herniated disc, degenerated disc, arthritis, sciatica and poor posture.

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. He has been internationally recognized for his expertise in providing long-term relief for his patients.

DR-HO'S Belt is clinically observed to help:

- **Chronic & acute back pain**
- **Degenerative disc, herniated and bulging disc**
- **Leg pain and Sciatica**
- **Trouble sleeping due to back pain**
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- **Back pain from lifting and working**
- **Sore back from child and elderly care**
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Renowned back specialist Dr. Michael Ho is introducing a revolutionary new product engineered to help men & women relieve a lifetime of back pain in as little as 20 minutes. **The Decompression Belt is the Doctor's choice for Back Pain Relief**

Alice Love

This belt feels like the weight is taken off of you. Pain pills only mask the pain. With the belt I can be pain free. My grandson loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry!

Back Specialist Dr. Michel Rice

"Every patient with back pain should wear this belt because it gives core strength and support in your spine, and a traction effect for great pain relief. Patients with chronic back pain can wear this belt and get their life back. They feel more confident, be more active, and do things that they love doing."

Bonnie

"My lower back feels great, feels supported. I have no pain. I can twist both directions. I can bend down, I can lift the kids with no problems. My back feels decompressed. I know the kids will only be young for a few years. They don't want to be picked up when they get a little older. I think a lot of parents might be missing out on playing lots of games and doing a lot of activities with their children when they have back pain, but wearing this belt, I can do all the activities and have no pain at all."

Mark

"It feels like it's being stretched out, it feels great, it feels good. The stretching is relieving some pain. My back would usually be sore in the lower back, but I'm not feeling any pain, which is unusual and is great. Generally at this point my lower back would feel sore but, it feels great! I could stand here all day and hit balls."

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Liberals unveil $8B platform

- Reverses Conservative tax cuts for business
- Shifts spending to nation-building projects, families

The Liberals rolled out a two-year, budget-style platform yesterday worth $8 billion to Canadian households and financed by higher corporate taxes.

The detailed platform mirrors the Liberals' launch of their 1993 Red Book. The program follows "The approach that Liberals took when balancing the budget in the 1990s," said Liberal MP Ralph Goodale. It promises to make a home energy retrofit program permanent, assist family caregivers, create a community "Heroes Fund" for fallen firefighters and law enforcement officers and fund a new Canada Service Corps.

There is also money for poor seniors' pensions, volunteer firefighters, rural doctors and nurses and a brain health strategy.

The Liberals say the program is "fully costed," citing a hike in the corporate tax rate back to the 2010 rate of 18 per cent (with a planned reduction to 15 per cent in 2012), an end to tax breaks for oilsands development and a cap on stock option deductions.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 14.05 (14,130.15)	+ 0.55¢ (103.69¢ US)
Oil	**Natural gas**
+ $1.22 US ($107.94 US)	1,000 cu ft $4.362 US (– 2.7¢ US)
	Gold contracts $1,428.90 US (– $11 US)

The breakdown

- **The corporate tax increase** would raise $3 billion in 2011, $5.2 billion in 2012 and $6 billion annually after four years.
- **The plan would end $265** million in tax breaks for oilsands development and redirect the revenue to technologies that reduce the environmental impact.
- **The new spending totals** about $8 billion over two years, and the Liberals say they will balance Canada's books ahead of Conservative budget projections.

Taken together, Liberals say those three measures will generate more than $9 billion in additional revenue over two years.

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Urban Compass

ANDREW WALLACE

MOVE MAY BE A BLESSING

An old church sits at 761 Queen St. W. in the midst of a rapidly gentrifying strip, an unnoticed relic of a neighbourhood's forgotten past. It's not a house of religion anymore — it long ago traded the promise of an afterlife above for the hope of a better life here and now.

But, sadly, its days are numbered. The building is home to a collection of "social purpose enterprises," economic development initiatives designed to respond to the employment needs of a specific community that is disadvantaged in a specific way.

One of those initiatives is The Raging Spoon, a special kind of catering company and café that's dedicated both to serving fine food and to empowering the unique group of individuals that makes up its staff.

Started in 1997 by Pat Capponi and Dini Densmore, it's one of only three consumer/survivor shops operating under the umbrella of the Ontario Council of Alternative Businesses. Both Capponi and Densmore were consumer/survivors and they knew how hard it was to find fulfilling work, not to mention the dignity and self-esteem that comes with it.

Consumer/survivor describes anybody who has been institutionalized by the psychiatric system or treated by mental health staff in the community — a consumer of services or a survivor of the medical/mental health system.

"They were having issues with employment because they were stigmatized by their mental illness," says Michael Lewin, 36, the business manager of the Spoon for the last six years and a consumer/survivor himself. "But the reality is that they were educated, smart people who had the wherewithal to put this whole thing together. Now, all the money we make goes back into the business to create more jobs for other consumers/survivors facing the same challenges."

Lewin is living proof that there's no reason to count those with mental health challenges out. But that unfortunate stigma persists and the consumer/survivor concept hasn't found the sort of mainstream traction it so desperately deserves.

Case in point: The current tenants will soon be shown the door, making way for yet another trendy condo tower. But Lewin says The Raging Spoon will soldier on — the business too successful to let its location get in the way. He says new digs may even prove a blessing in disguise. Now, maybe more of the city will take note of the important work inside.

Contact Andrew Wallace at urbancompass@metronews.ca

Letters

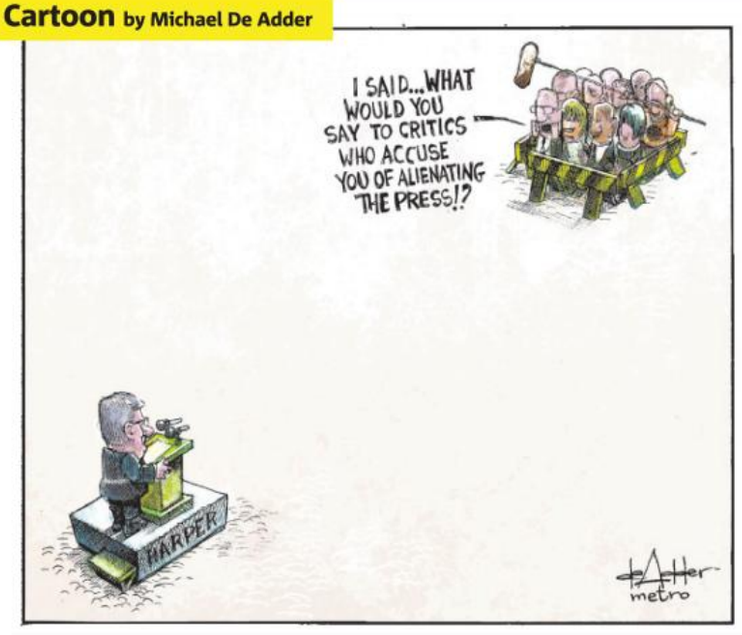
GATINEAU, Que. By voting or not, young Canadians will decide May 2 whether our country will move towards greater assistance to banks and large corporations or towards a growing economy based on wealth sharing and Canadians' well-being.

An analysis of EKOS polling between July 7 and Sept. 28 of last year suggested Canadians between the ages of 18 and 24 would elect a Liberal minority government, with a substantial increase in representation for the New Democrats, Bloc Québécois, and Greens. The Conservative party would be severely reduced, virtually wiped out in Ontario, Quebec and the Maritimes.

Unfortunately, only 37 per cent of eligible voters between the ages of 18 and 24 exercised their democratic duty during the 2008 federal election. Let's hope these facts will catch young voters' attention and bring them to the ballots May 2. More then ever, the future of a Canada for all Canadians is in young Canadian voters' hands.

BRUNO MARQUIS

Cartoon by Michael De Adder



WEIRD NEWS

Pillows and feathers fly across the globe

People in cities across the globe took part in mass pillow fights as part of International Pillow Fight Day. Pillow fights were held in a number of Canadian cities, including Calgary, Vancouver, Montreal, Toronto and London.

In Vancouver, the flash mob was organized on Facebook and several hundred people showed up with pillows and proceeded to knock the stuffing out of them in a frenzied fight outside the Vancouver Art Gallery.

In London's Trafalgar Square, people came dressed in pyjamas, dressing gowns and fancy dress to take part in the good-natured pillow fight Saturday afternoon. Most people carried feather-filled pillows that exploded as they fought.

London's Metropolitan Police said yesterday the event had been peaceful and they had no reports of any trouble.

Organizers listed similar events in more than 130 cities around the world. The fights were organized by The Urban Playground Movement, which wants to encourage people to make use of public spaces.

METRO

Take the poll online at metronews.ca

Do you know who you are voting for?

78% YES

22% NO, THAT'S WHAT ELECTIONS ARE FOR

TODAY'S QUESTION: DO YOU THINK THE NHL IS RETURNING TO WINNIPEG AND QUEBEC CITY?

Local tweets

- **@onshi:** no ice-cream bells on my street, but did manage to get my first sunburned nose ;) Lovely #Toronto weekend!
- **@MalcolmKnoll:** 36,894 average attendance in Toronto for opening weekend. Great to see such fantastic support for the @BlueJays.
- **@yourbestfred:** What an awesome weekend for #BlueJays fans! Three really great games, two wins and a glimpse at what 2011 will really be like.
- **@morganarnott:** It's nice to know things like #slutwalk are happening. Maybe this is a step to destigmatizing sexual assault victims...we can dream.
- **@QTB:** driving back to #toronto — all I need is my car and my @justinbieber cd
- **@JBersinic:** Not impressed with this #weather #Toronto. Not impressed. Bring me back to the SUN*
- **@carlyjchalmers:** I had a dream there was a new 'St. Andrews Line' on the TTC & all the stations were named after Greek Gods & Goddesses.
- **@natehaby:** Bus driver just waited for me to get across the road, thanks #TTC

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Kids pick their favourites

Johnny Depp showed his appreciation for his Kids' Choice Award with a slimeing.

After earning the blimp-shaped favourite movie actor trophy for his Mad Hatter role in Alice in Wonderland, Depp manned a hose and unleashed waves of green goop on the screaming crowd of more than 10,000 kids — and a few adults.

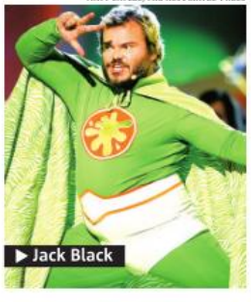
"You guys are the future," he said Saturday before spraying the slime inside University of Southern California's Galen Center. "Take good care of us."

The screaming mob at Nickelodeon's 24th annual fan-favourite ceremony later revolted by flicking the goo at Modern Family co-star Rico Rodriguez and Arthur leading man Russell Brand.

Jack Black, the zany master of ceremonies, kicked off the silly show by arriving in a monster truck, performing a flash mob-style routine on the orange carpet.

THE ASSOCIATED PRESS

MATT SAYLES/THE ASSOCIATED PRESS



▶ Jack Black

Winners

A partial list of winners from the 24th annual Nickelodeon Kids' Choice Awards.

- **Favourite Movie:** The Karate Kid
- **Favourite Movie Actor:** Johnny Depp, Alice in Wonderland
- **Favourite Movie Actress:** Miley Cyrus, The Last Song.
- **Favourite Animated Movie:** Despicable Me.
- **Favourite TV Show:** iCarly
- **Favourite TV Actor:** Dylan Sprouse, The Suite Life on Deck.
- **Favourite TV Actress:** Selena Gomez, Wizards of Waverly Place.

Former sitcom star's opening night does not go over well with fans
Torpedo of Truth tour greeted with boos and calls for it to be ended

CARLOS OSORIO/THE ASSOCIATED PRESS

▶ Charlie Sheen performs at the Fox Theatre in Detroit, Saturday. He came out with his "goddesses" holding "War" and "Lock" signs.

Charlie Sheen bombs in tour opener

Charlie Sheen and his "goddesses" took the stage to thunderous applause Saturday night for the first leg of his Torpedo of Truth tour. The 70-minute show hadn't even ended when the first reviews were in, and they were brutal.

The former Two and a Half Men star showed that comedic success on the screen doesn't necessarily translate to the stage, and the capacity crowd at Detroit's 5,100-seat Fox Theatre rebelled before the show ended, chanting "refund!" and walking out in droves.

Linda Fugate, 47, of the Detroit suburb of Lincoln Park, left the theatre and walked up the street yelling, "I want my money back!"

She said she paid $150 for two seats.

"I was hoping for something. I didn't think it would be this bad."

Sheen's publicist Larry Solters declined to comment after the show, but Sheen reappeared after the house lights went up to thank those who remained.

Fans who arrived at the theatre — some who had to fly in for the show — said they were hoping to see the increasingly eccentric actor deliver some of the colourful rants that have made him an Internet star since his ugly falling out with CBS and the producers of Two and a Half Men.

They got the ranting. It just wasn't funny.

"I expected him to at least entertain a little bit. It was just a bunch of ranting," said Rodney Gagnon, 34, of Windsor, Ont.

On Twitter, where Sheen has amassed some 3.4 million followers, some fans were already predicting a premature end for the planned 20-city tour, which was scheduled to resume last night in Chicago.

"Charlie Sheen thanks for saying goodbye! Piece of advice cancel the rest of your tour," someone tweeted under the name ChrstosMo.

The show started well for the 45-year-old Sheen, with the audience standing and cheering as he and the women he calls his "goddesses" took the stage. The women, a former porn star and an actress who live with him, carried placards with the words "War" and "Lock," a reference to Sheen's recent description of himself as a warlock.

"I don't see a single empty seat," he said.

Not long into the show, though, an audience member booed, prompting Sheen to sanguinely reply, "I've already got your money, dude."

Things only got worse.

THE ASSOCIATED PRESS

2 scene

Scene in brief

The Easter bunny has hopped into the top spot at the weekend box office. Russell Brand's family comedy Hop debuted at No. 1 with $38.1 million, according to studio estimates yesterday.

Jake Gyllenhaal's action thriller Source Code debuted at No. 2 with $15.1 million. The haunted-house tale Insidious opened at No. 3 with $13.5 million. The previous weekend's top movie, Diary of a Wimpy Kid: Rodrick Rules, fell to No. 4 with $10.2 million, raising its total to $38.4 million.

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ScanLife

Strong sales lead to mini-series for Kevin Keller, gay Archie's character

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Lohan's Betty Ford brawl tape released

GETTY IMAGES

▶ Lindsay Lohan

Rehab worker, Lohan heard screaming and hurling insults on 911 call

The yelling- and expletive-filled 911 call from the night of Lindsay Lohan's infamous Betty Ford Center brawl has been released, according to Radar Online.

During the call, both Lohan and clinic worker Dawn Holland can be heard complaining to the operator, yelling at each other and struggling over the phone.

"Lindsay Lohan is being rude. She's gotten on the phone with her mom and she's telling her mom I'm being rude to her, which I'm not," Holland says in the recording.

"I have a problem because Lindsay Lohan pushed me and hit me with the phone while I was trying to talk to you."

Prosecutors said last week they were not pursuing charges against Lohan in the incident. METRO

Celebrity tweets

@joelmchale

"In the Cedar Rapids Iowa Airport. A man is drinking Mountain Dew & eating a carton of cubed cheese 4 breakfast."

@chriscolfer

"Watching the news. How are animals still escaping from the zoo? We have hovercrafts but we can't invent a monkey-proof lock?"

@azizansari

"India won some cricket thing! I'm Indian!!! Yaaaaaaay!!!"

@oliviamunn

"Made a Britney joke, then a door hit me. God's on Britney's side. Not mine. Got it."

Courtney Love strikes back

GETTY IMAGES

▶ Courtney Love

Courtney Love is striking back after Kelly Osbourne referred to Love as a crackhead on her new E! show, Fashion Police.

"Kelly knows I'm sober. Kelly knows there's no drugs allowed at my house. I think it's really lame," Love says during a rant on website VYou.

"Kelly and me get along great, but it's gross. I don't like being the punchline for drugs when I don't do them, so stop it."

Regardless of how well they get along, Love didn't mind turning the tables on Osbourne, saying, "This girl I know, Kelly Osbourne, I've saved her life twice. I've done CPR, I've put things in her boobs. [She was on] Oxycontin, cocaine, foaming at the mouth." METRO

Lake
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Beckham dishes on names for baby girl

David Beckham stopped by Jimmy Kimmel Live to talk about how excited his family is to be welcoming its first daughter — and to dish on some possible baby names.

"We've got a few in mind, but we also said to the boys, 'Give us some ideas,'" Beckham says.

"When we got told it was a boy, Romeo said, 'How about Justin Bieber as a name? Justin Bieber Beckham?'

"So now that we know it's a girl, he was like, 'How about Justine Bieber Beckham?'" METRO

The Britney factor

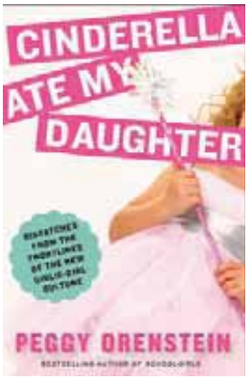
Britney Spears' new album, Femme Fatale, debuted last week ◐ Author Peggy Orenstein examines the long-lasting — and damaging — effects of the 'girl power' pop star's sexuality

GETTY IMAGES

▶ Spears on a recent morning TV show.

SAM D'AMATO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In your new book Cinderella Ate My Daughter, you write about how Disney princess culture has altered your little girl's view of sexuality. It reminded me of Britney Spears, when she debuted in a schoolgirl outfit posing suggestively.
Yes, she set a template for a lot of the confusion that came after and was ironically a direct outgrowth of the Girl Power movement — she had an impact on the way Girl Power was commodified and changed. On the one hand, she was a breakthrough because she was a girl who was a star for girls, as opposed to, say, David Cassidy or Bobby Sherman or the Jonas Brothers today. But as such, she had this whole different approach. She was at once selling chastity and sex and combining them in this really weird way.



And she was doing this for really little girls, when she started.
It's hard to remember now, but one of her central fan bases was six-year-old girls, who would go to her concerts and scream and shout. She always talked about being a virgin. And she'd say, "If you see me as a Lolita, that's your problem." But everything she did completely contradicted that. It's this weird thing where she was sexualizing innocence and fetishizing it. So it was an ultimately incredibly disempowering stance for girls to see.

And what's been the fallout all these years later?
The culture has taken up that message. It plays into the diva culture of little girls right now, that accelerated makeup and hot dance moves, with Miley Cyrus and the like. I want to be clear: I don't come at this from a perspective to be negative about sexuality. It's just that when little girls have inappropriate sexuality — however it's imposed, by pop culture or adults they love — they don't understand it. The risk is that they never connect it and sexiness becomes a performance for them rather than something that involves intimacy. Instead they see sexiness as something they do for the pleasure and entertainment for others. As if self-objectification was a rite of passage.

"She was selling chastity and sex and combining them in this weird way."
AUTHOR PEGGY ORENSTEIN

You see that today: Young girls "sext" naked photos of themselves to their boyfriends.
With sexting, there's also an issue of sexual entitlement. Girls are feeling like they have to perform the idea that they're comfortable with their sexuality. And you have to wonder, what is it that they're getting? They don't have pleasure or control. What is the reality of what that act gives them? It's not anything healthy.

So what are parents supposed to do?
First, it's about limiting their access to media and such, when they're really little. And also trying to expand their ideas of who they are and what they can be, that's not linked constantly to playing at pretty or sassy (which is sexy with training wheels). Educate them and yourself.

Who is your daughter Daisy idolizing these days?
Well, this is going to sound politically correct but it's true. We went to a dinner the other night where this 99-year-old judo champion was being honoured. She was talking about, among other things, how one should be gentle, strong and beautiful. To illustrate "gentle" and "strong," she said she could walk up to a man twice her size (which wouldn't be hard, she was about four-foot-nine) and touch him with her index finger and he would collapse. And by beautiful, she meant not the externals but a beautiful heart. I told Daisy, "Look at her, isn't she amazing!" She was taken. She was into it.

3 life

New study

81 minutes...
is the amount of time working moms spend looking after their kids in the U.K. per week, according to a new study by the Organisation for Economic Co-operation and Development. That includes meals. Stay-at-home moms — and possibly Nanny McPhee? (pictured) — spent twice as much time.

Make gardening fun for kids

Juicy pork chops with an apple twist

- This flavourful pork dish can be served up with rice or mashed potatoes
- The meat can also be married with many of your favourite vegetables

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Cooking pork chops with the bone in offers up a juicy dish.

And, with a few other pantry staples, dinner is ready. These pork chops are go perfectly with rice or mashed potatoes and your favourite veggies.

Preparation:

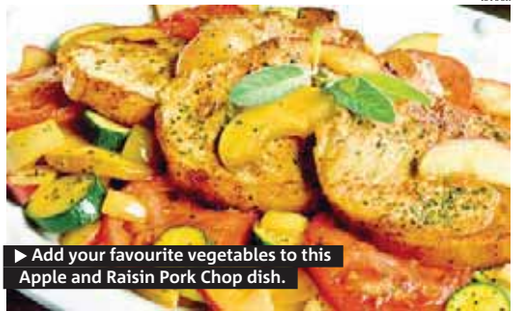
1. Place pork chops on plate and sprinkle both sides with sage, thyme, salt and pepper. Dredge each pork chop in flour to coat, shake off excess.
2. In large nonstick skillet heat oil over medium high heat and brown pork chops on both sides. Remove to plate and keep warm. Return skillet to medium heat and cook onion for 5 minutes or until softened. Add apples and thyme and cook for 2 minutes. Add cider and raisins and bring to boil. Return pork chops to skillet and turn to coat. Simmer for about 5 minutes or until hint of pink remains inside. Sprinkle with parsley before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA.

Ingredients:

- 4 bone in pork loin chops
- 1/2 tsp (2 mL) each dried sage and thyme leaves
- 1/2 tsp (2 mL) each salt and pepper
- 3 tbsp (45 mL) all purpose flour
- 2 tbsp (25 mL) olive oil
- 1 onion, thinly sliced
- 2 apples (such as Empire or Cortland), cored and thinly sliced
- 1 1/2 cups (375 mL) apple cider
- ¼ cup (50 mL) raisins
- 2 tbsp (25 mL) chopped fresh Italian parsley

ISTOCK



▶ Add your favourite vegetables to this Apple and Raisin Pork Chop dish.

Garlic & Herb Pull-Apart Bread

Ingredients:

Garb and Herb Infused Oil

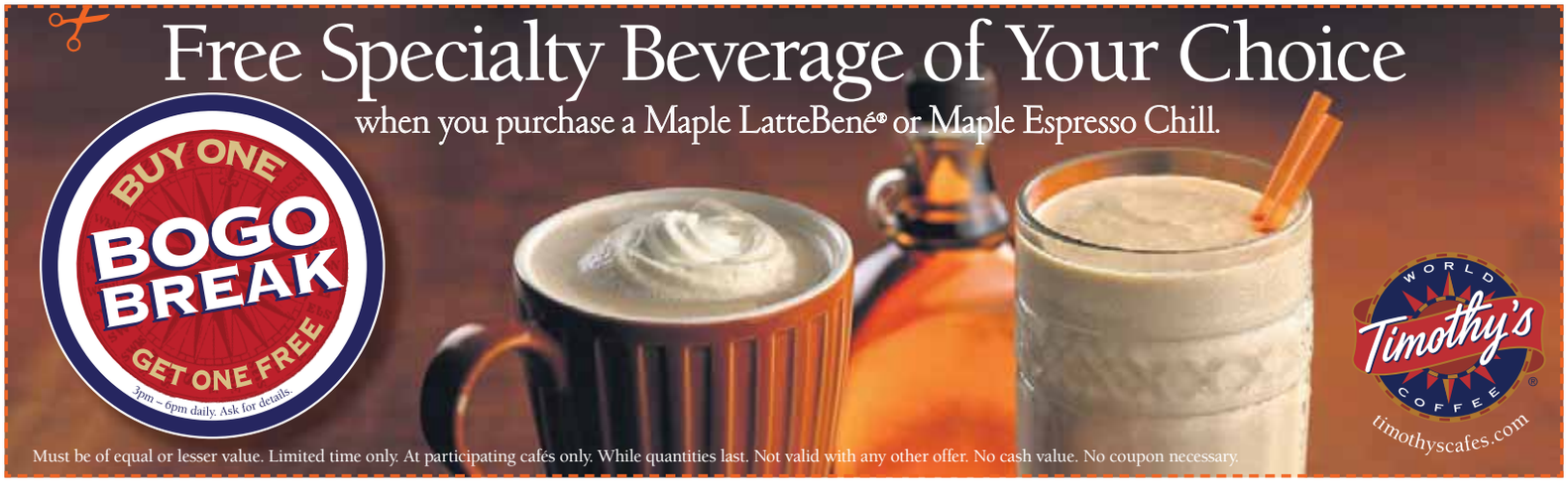
- 1/2 cup Mazola RightBlend (canola and extra virgin olive oil blend)
- 2 tablespoons fresh herbs (rosemary, oregano, thyme, sage, chives, basil), minced
- 2 tablespoons minced, fresh Italian parsley
- 2 cloves fresh garlic, minced
- 1/2 teaspoon salt

Dough

- 4 – 1/2 cups all–purpose flour
- 2 packages Fleischmann's Quick–Rise yeast
- 2 tablespoons sugar
- 1 – 1/2 teaspoons salt
- 1 – 1/3 cups very warm milk (120º – 130ºF/50º – 55ºC)
- 1 egg, lightly beaten
- 1/4 cup Mazola RightBlend (canola and extra virgin olive oil blend)

Preparation:

1. Combine oil, herbs, garlic and salt in small bowl and set aside.
2. Dough: Combine flour, undissolved yeast, sugar and salt in bowl. Heat. Add milk to flour mixture and mix on low speed for 1 minute. Stir in egg and oil and continue to mix on low until well blended.
3. Transfer dough to floured surface and knead until smooth and elastic, 6 minutes. Shape dough into ball, and transfer to oiled bowl; turning once to coat. Cover; let rise in warm, draft–free place until doubled in size, about 45 minutes.
4. Punch dough down and spread onto a lightly floured surface. Using hands, pat dough into a 25x30 cm rectangle, approximately 3 cm thick. Divide dough into about 30 pieces using knife; roll into balls. Dip dough balls into oil and herb mixture to lightly coat. Arrange coated dough balls evenly in bottom of greased 25 cm tube pan. Cover; let rise in warm, draft–free place until doubled in size, about 30 minutes.
5. Bake at 350ºF/180ºC for 25 to 30 minutes. Let cool in pan on rack for 10 minutes. Invert to move from pan and serve. **NEWS CANADA**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Time running out?

Despite waning interest for Earth Hour, experts insist it's still relevant

BEN KNIGHT
LIFE@METRONEWS.CA

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Has Earth Hour run its course?

The fourth annual Earth Hour was observed across Canada last Saturday evening. From 8:30 to 9:30 p.m., lights dimmed in hundreds of communities, as Canadians lent their efforts to a global initiative to reduce power use.

But in Canada at least, the savings were fairly negligible. Toronto saved only half the power of a year ago. Other big cities also showed reduced results, and in Edmonton, electricity consumption actually went up. So, was it a success? Is Earth Hour an idea that's worth pursuing?

"Absolutely, it's a useful exercise," says Stacey McCarthy, communications manager for WWF-Canada in Halifax. "We're very happy that the number of participating cities, municipalities and towns in Canada increased to 422 this year. It was 304 a year ago."

McCarthy insists rising participation — as opposed to kilowatt-hours saved — is the better measure of Earth Hour's effectiveness.

"The one hour is a symbolic demonstration more than an effort to save power," she says. "We just want to see awareness increasing, and that's what did happen. Earth Hour is becoming a common household term. It's exciting to see Canadians click in and say 'I need to do something about this.'"

Jennifer Link, spokesperson for Toronto Hydro, agrees.

"Generally, conservation is a year-round activity," she says. "This is an awareness-raising tactic to get people excited about conservation. Why wouldn't you do it? It generates interest, and gets people thinking about conservation for the longer term."

Earth Hour

Dimming the lights:

In your city Toronto Hydro is reporting an energy-use drop of five per cent in Toronto during Earth Hour 2011. That's half the drop of a year ago, but unseasonably cold temperatures across southern Ontario likely contributed.

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

HELP FOR ECO FEMALE HYGIENE

I have three daughters, which has me wondering about the greenest alternatives when it comes to feminine hygiene products. Can you help? *Sherry of Montreal*

The two main considerations when buying the greenest feminine hygiene products are materials and waste.

The average woman will go through about 11,500 tampons in her lifetime. So the least wasteful option is to switch to a reusable menstrual cup. These are made from natural latex rubber or silicone and can be used for up to a decade. Before you decide that this is a bit out of your comfort zone, consider that a reusable mini cup works for heavy or light flow, doesn't leak, comes in different sizes (ensuring comfort) and only needs to be emptied two to four times a day.

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Success of diversity

Providers of diversity training almost uniformly report that fear of litigation is the primary reason companies contact them. But since the mid-2000s, there has been a small but growing shift in thinking among corporate managers: More diversity in the workplace — in experience, race and sexual orientation — makes for a more competitive business.

This movement was expressed in the 2008 book The Difference, by University of Michigan professor Scott E. Page. In it, Page used mathematical analysis to show a relationship between greater diversity and group achievement.

"If you have a homogenous group of people with the same background, it's harder for them to solve a problem," says Nick Witenberg of Optimism Matters, a diversity trainer based in Atlanta. "Racial, generational and cultural diversity brings different schools of thought to the table, so they can come up with an idea more quickly and implement it better." METRO

▶ Alex Stuart is confident that, when it comes to wind turbines, the vertical axis design works best.

AND HE'S GONE WITH THE WIND

How gazing out the window changed one man's career path

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

A moment of entrepreneurial inspiration can strike anywhere. For Alex Stuart, it was while looking out the window of his condominium at the roofs of the Winnipeg Skyline.

"Look at all that unused real estate," Alex thought to himself, as he came up with an idea to harness its space and energy. "I started researching wind turbines and came across the vertical axis design. I fell in love the simplicity of the model."

Stuart and his partner Justin Phillips at Global Wind Group are now marketing their technology to India, several countries in the Caribbean and Canada's Northern Territories where electricity is expensive and difficult to maintain.

It also hasn't been plagued with the problems facing the large scale turbines because of its compact, vertical design and minimal noise.

"Some entrepreneurs will sell at this stage, recoup the money and go on. We're really motivated to keep this going and stay in the business."

Are you thinking about starting your own business but are in need of some inspiration?

Follow Alex Stuart's lead. Sometimes all it takes is opening your eyes and looking out the window.

Business advice

Stuart's tips for new entrepreneurs.

1. Do your market research – it's critical
2. Find qualified mentors
3. Seek investment well before you run out of money
4. Be prepared for bankruptcy
5. Keep your eye on your cash flow

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STUDENT VOICES

ROBERT KANIA
TALENTEGG.CA

It was March of 2005, and I was on the verge of finishing an undergraduate degree in English at Queen's University in Kingston, Ontario.

I was also working full-time in a managerial capacity at a bar and nightclub on campus. I generally don't take on a job or project unless I'm prepared to pour my heart and soul into it.

I was lucky to be aligned with others that operated the same way, in my role as manager of food operations at the Queen's Pub and Alfie's Pub on campus. Our team was able to achieve exceptional results, and we ultimately went on to turn around two struggling campus operations.

▶ Robert Kania is the founder of AllergyTrails.com, the world's leading food allergy review community.

One night in the spring of 2005, after months of hard work, I received an unexpected voice mail message from the food service rep that I dealt with when ordering food and supplies. This individual worked for SYSCO Food Services and he mentioned that his company was interested in hiring a bright, ambitious grad.

If I was interested in working with their company upon graduation, I should apply, and he would provide me with a stellar reference.

That voice mail message ultimately led me to apply for a position in sales and marketing for SYSCO Food Services. I was accepted for the role and I moved from my hometown of Toronto to beautiful Victoria, B.C., where I spent the next five years living, working, and enjoying all that the west coast of Canada has to offer.

If you're a student, the bottom line is this: That summer job you have, or that part-time position you're working in while you're in school, can lead to much bigger and better things. If you do an excellent job with what you've got to work with, people will notice and job offers might just come your way out of the blue.

But the key is, you need to do an outstanding job, even when you think no one is watching. It all starts with the right attitude and you need to recognize opportunities when they come your way.

Where Robert is now

After working with SYSCO for two years on the west coast, I started my own venture distributing natural health products. In 2008, I decided to return to school for an MBA at the University of Victoria.

Upon completion of the MBA in 2010, I founded AllergyTrails.com — the world's leading food allergy review community. I am currently focused on building AllergyTrails.com into a thriving online community of individuals affected by food allergies.

Key take-aways from Robert's school-to-work transition

- Do more than just go to class when you're in college or university – while working or volunteering, you'll develop skills, experience and connections you would never have access to in school.
- Go above and beyond expectations in everything you do, even if you're just working part-time pouring coffee, serving tables or folding clothes to make ends meet. You never know who will notice your hard work.
- Whenever possible, take on leadership positions. You will be recognized for successes under your leadership. Plus, the number one thing top Canadian employers look for on students' resumés is leadership experience.

Robert's resumé

Robert Kania:

Graduate: Bachelor of Arts, English, Queen's University

Graduate: Masters of Business Administration, University of Victoria

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4 sports

Sweep averted

Twins finally get a victory after two convincing Blue Jays wins

The Toronto Blue Jays can take a lot from their season-opening series with Minnesota, even though they were denied a sweep yesterday as the Twins hung on for a 4-3 victory.

The Jays showed they have a nice mix of power and speed in addition to a never-say-die approach under new manager John Farrell. After opening the 2011 campaign with a pair of comfortable victories, Toronto loaded the bases in the ninth inning yesterday before reliever Joe Nathan got Adam Lind to ground out to end it.

Still, Farrell was impressed with his team's performance.

"We played a very good series, the effort was outstanding all the way to the final pitch," Farrell said.

Denard Span's solo homer in the ninth off Jays reliever Jon Rauch proved to be the winning run. It made a winner of Twins starter Nick Blackburn (1-0) while Brett Cecil (0-1) was tagged with the loss.

TWINS	BLUE JAYS
4	3

Cecil, who was unable to hit his desired velocity at the end of spring training, said he was content with his stuff until Minnesota (1-2) struck for a pair in the fifth inning.

Toronto (2-1) opened the series Friday night with a 13-3 rout in front of a sell-out crowd before downing Minnesota 6-1 Saturday. There was some rare electricity at the normally staid ballpark, with 35,505 fans taking in the finale.

"We had a lot of fun in here this weekend," Farrell said. "And I think the way we went about our business and the way we went about our work, we gave ourselves multiple opportunities and we just came up short here in the ninth."

THE CANADIAN PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Tsuyoshi Nishioka turns a double play yesterday against the Jays.

Quoted

"Unfortunately, things didn't work out as it was my goal to help TFC succeed in winning a 'MLS Championship.' You the fans will always hold a special place in my heart at TFC. Best Wishes."

FORMER TORONTO FC STAR DWAYNE DE ROSARIO, IN A POST ON HIS FACEBOOK FAN PAGE AFTER HE WAS TRADED TO THE NEW YORK RED BULLS FRIDAY.

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Sports in brief

Fulham's Jacko statue revealed

A statue of Michael Jackson was unveiled outside the stadium of Premier League side Fulham yesterday, with chairman Mohamed Al Fayed telling fans to support another club if they don't like it.

Al Fayed, who was close friends with Jackson, danced with children after unveiling the statue prior to Fulham's home match with Blackpool at Craven Cottage yesterday.

THE ASSOCIATED PRESS

City plunders Sunderland

SOCCER. Manchester City thrashed Sunderland 5-0 yesterday to strengthen its chances of a top-four finish in the Premier League.

City had five different scorers as they moved into third place in the table, above reigning champion Chelsea. THE ASSOCIATED PRESS

Rays lose star third baseman

MLB. Tampa Bay's Evan Longoria was placed on the 15-day disabled list yesterday with a strained muscle in his left side.

The strained oblique muscle could sideline the all-star a minimum of three weeks, manager Joe Maddon said before the series finale against the Baltimore Orioles.

THE ASSOCIATED PRESS

Ontario gets first taste of MMA

Talent lacking with no knockouts and only one fighter needing stitches in first event ◗ Several more planned

CASINO RAMA/THE CANADIAN PRESS

▶ Jordan Mein punches Josh Burkman, right, during the main event for "MMA: The Reckoning" Saturday night.

Ontario is officially open for mixed martial arts business and the early reviews are positive.

The regulations are tight and lots of questions are being asked of both the fighters and promoter. But everyone involved with "MMA: The Reckoning" at Casino Rama Saturday night seemed happy with the province's first sanctioned MMA event.

"We set the bar now for our next show. We're going to keep it high and safe and we're off to the races," said jubilant Ontario Athletics commissioner Ken Hayashi. "I'm really happy, really happy with the way it turned out.

"I'm ecstatic," he added.

"They were strict but they weren't overbearing ... They just make sure that the show's ran right."

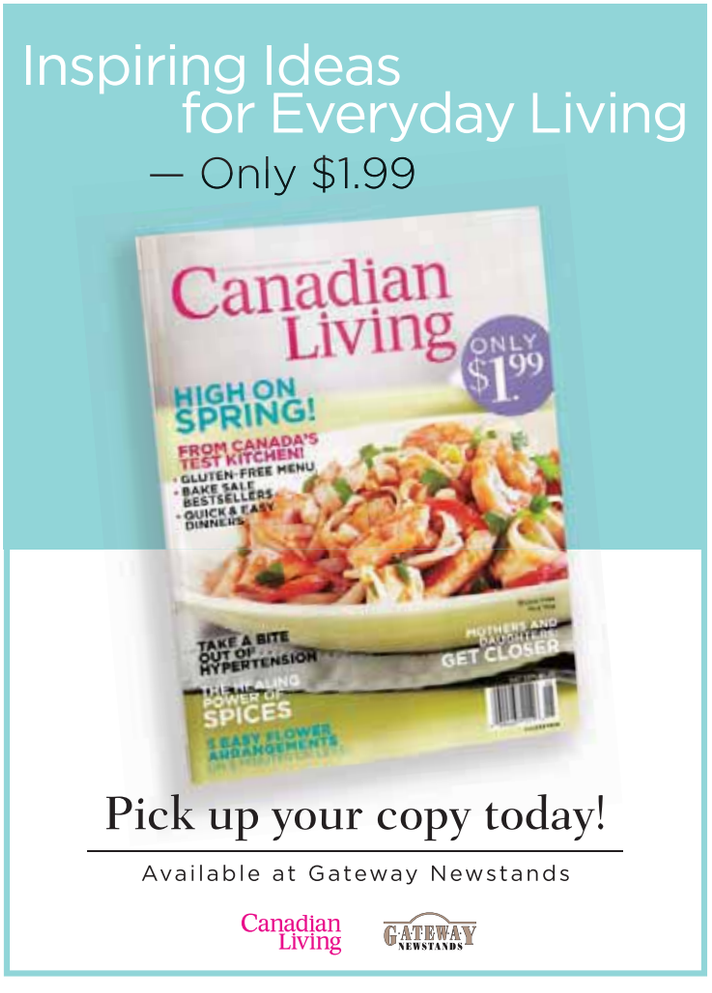
JOSH BURKMAN ON ONTARIO ATHLETICS COMMISSION RULES

"I can't wait for the next one and do that one as good as we did this one."

The next one is next Friday, a Maximum Fighting Championship card at Caesars Windsor. The UFC comes to Toronto April 30, with 55,000 expected for UFC 129 at Rogers Centre.

Shows are also planned for London, Hamilton and several other sites.

THE CANADIAN PRESS



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Canadian curlers off to 3-0 start

Canada's Jeff Stoughton improved to 3-0 at the Ford World Men's Curling Championship in Regina with a 7-4 victory over Germany's Andy Kapp yesterday.

Stoughton's Winnipeg rink scored two in the third and seventh ends and stole one in the 10th while Germany couldn't muster a multi-point end when it had last-rock advantage.

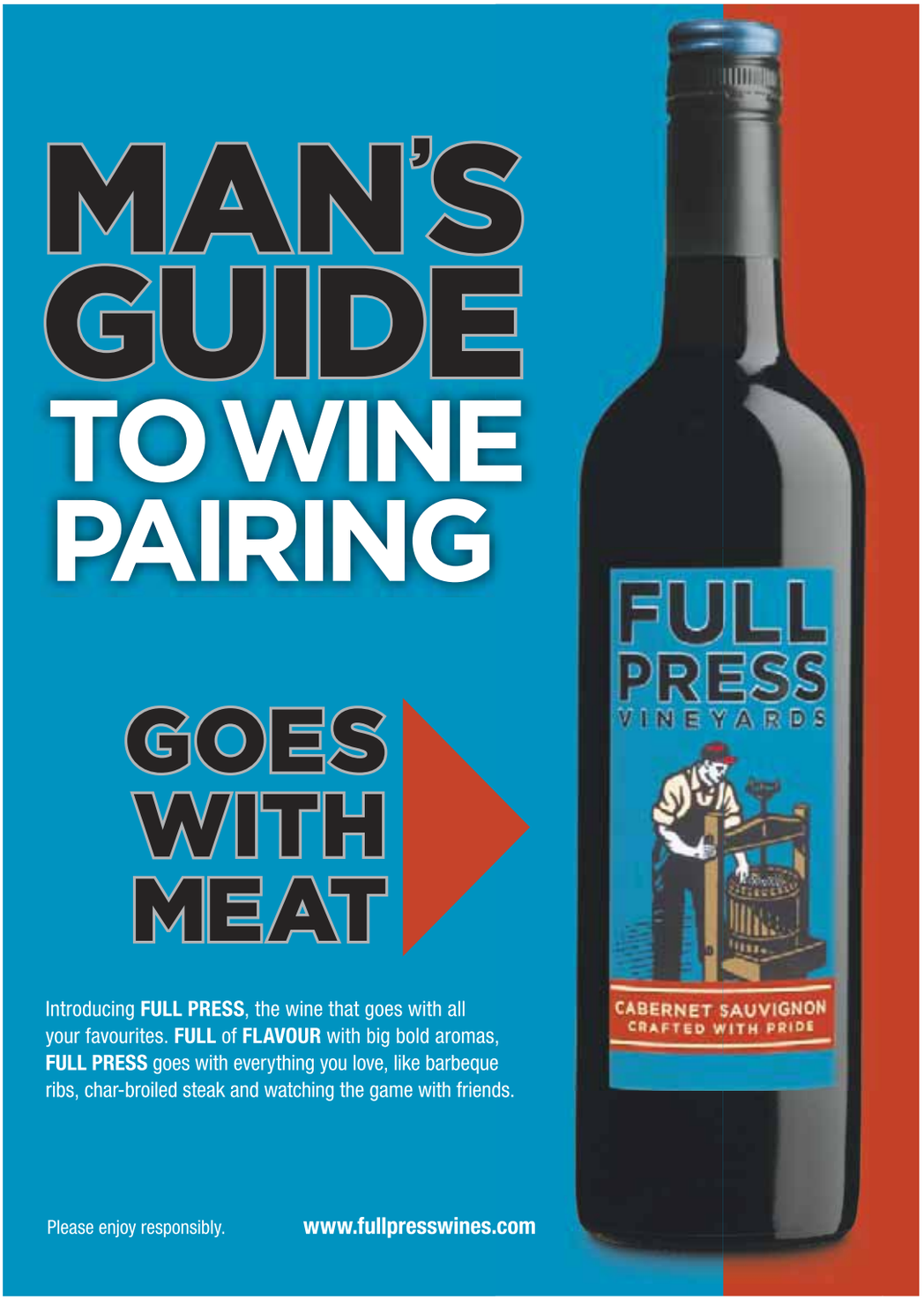
Canada shot 90 per cent, compared to the German's 71 per cent. Kapp compensated for his squad's mistakes with some big shots to keep the game close.

Canada faces South Korea and the U.S. today.

In other games, Scotland's Tom Brewster and China's Yansong Ji won to improve to 2-0 while France's Thomas Dufour fell to 2-1 with a 7-6 loss to Sweden's Niklas Edin.

Edin, Jiri Snitil of the Czech Republic, Switzerland's Christof Schwaller, Norway's Thomas Ulsrud and American Pete Fenson were all 1-1. Germany dropped to 0-2 while Denmark's Tommy Stjerne and South Korea's Dong Keun Lee were 0-3.

THE CANADIAN PRESS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STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Leandro Barbosa blows by a defender.

Raptors end their losing skid

- DeRozan scores 24 points
- Bargnani, Calderon were out

DeMar DeRozan scored 24 points, Jerryd Bayless had 21 and the Toronto Raptors beat the Orlando Magic 102-98 yesterday to snap a six-game losing streak.

Leandro Barbosa added 14 points for the Raptors, who were without Andrea Bargnani and Jose Calderon. James Johnson and Sonny Weems each had 11, and Reggie Evans finished with 17 rebounds.

Dwight Howard had 31 points and nine rebounds and Jameer Nelson scored 21 points for the Magic, who have lost three of four. Brandon Bass and Jason Richardson each scored 13 points and Hedo Turkoglu had 11.

Toronto outscored Orlando 29-19 in the fourth quarter. Trailing by eight points, 81-73, after Turkoglu scored the opening basket of the fourth, Toronto answered with a 12-3 run to take an 85-84 lead with 8:56 remaining.

Nelson tied it at 90 on a running jumper with 5:22 left but DeRozan replied with a three-point play.

102	98
RAPTORS	MAGIC

Howard made just one of four from the line after being fouled on consecutive possessions, allowing Toronto to maintain a 95-93 lead with 3:41 left.

For the fourth consecutive game, the Magic were limited to just nine healthy players. Guard Gilbert Arenas (illness) did not travel to Toronto while guard Chris Duhon missed his third straight game with a sore right thumb.

Bargnani sat for the third time in four games with a sore right ankle while Calderon missed his second straight game with an injured left hamstring.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Washington	79	46	22	5	6	216	192	103	24-8-2-6	22-14-3-0	7-2-0-1	W2
dx-Philadelphia	79	46	22	4	7	247	210	103	21-12-2-5	25-10-2-2	3-3-0-4	L3
y-Boston	78	44	23	5	6	235	184	99	20-13-3-3	24-10-2-3	6-2-1-1	W1
x-Pittsburgh	79	46	25	5	3	225	192	100	24-14-2-0	22-11-3-3	7-3-0-0	W1
x-Tampa Bay	79	44	24	5	6	235	232	99	24-11-1-4	20-13-4-2	6-2-1-1	W5
Montreal	79	42	30	4	3	208	204	91	23-11-3-3	19-19-1-0	4-6-0-0	W1
Buffalo	79	40	29	9	1	232	220	90	19-16-3-1	21-13-6-0	6-2-2-0	W1
NY Rangers	79	42	32	2	3	223	190	89	18-16-1-3	24-16-1-0	7-2-0-1	W1
Carolina	79	38	30	6	5	225	232	87	21-13-3-2	17-17-3-3	7-2-1-0	L1
Toronto	79	37	32	5	5	213	240	84	18-14-3-4	19-18-2-1	7-3-0-0	W3
Atlanta	78	33	33	5	7	214	252	78	17-15-2-5	16-18-3-2	5-5-0-0	L1
New Jersey	78	36	37	3	2	163	196	77	20-16-2-1	16-21-0-2	4-5-0-1	L1
NY Islanders	79	30	37	7	5	220	250	72	17-18-1-4	13-19-6-1	3-5-2-0	L1
Ottawa	79	30	39	5	5	183	243	70	14-20-2-3	16-19-3-2	5-4-0-1	L1
Florida	79	29	38	5	7	190	220	70	15-17-4-4	14-21-2-2	1-6-0-3	L8

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	79	52	18	4	5	254	181	113	26-9-1-4	26-9-3-1	8-2-0-0	L1
dx-Detroit	79	46	23	6	4	255	231	102	21-13-4-2	25-10-2-2	5-3-2-0	W2
dx-San Jose	78	46	23	4	5	234	201	101	23-11-2-3	23-12-2-2	7-1-0-2	W3
Los Angeles	78	45	27	4	2	213	185	96	24-12-3-0	21-15-1-2	7-2-1-0	W1
Phoenix	79	42	25	7	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Nashville	79	42	26	7	4	209	188	95	22-9-5-3	20-17-2-1	7-2-1-0	L1
Anaheim	79	44	30	3	2	228	231	93	24-13-1-1	20-17-2-1	7-3-0-0	L2
Chicago	78	42	28	3	5	246	214	92	23-16-0-0	19-12-4-4	5-4-1-0	L1
Calgary	80	40	29	4	7	242	233	91	22-13-1-3	18-16-3-4	4-4-1-1	W2
Dallas	78	39	28	4	7	214	224	89	20-11-3-5	19-17-1-2	2-5-2-1	W1
Minnesota	79	37	34	3	5	198	224	82	18-17-2-3	19-17-1-2	2-7-1-0	L2
St. Louis	79	36	33	4	6	232	229	82	21-13-1-4	15-20-3-2	5-5-0-0	W1
Columbus	79	34	32	5	8	209	246	81	17-18-1-4	17-14-4-4	2-5-2-1	L3
Colorado	78	29	41	7	1	218	275	66	15-20-4-0	14-21-3-1	3-7-0-0	L1
Edmonton	78	24	43	2	9	186	256	59	12-21-1-5	12-22-2-3	1-6-1-2	W1

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Yesterday's results
Calgary 2 Colorado 1
Buffalo 2 Carolina 1 (OT)
Dallas 4 Anaheim 3
Detroit 4 Minnesota 2
St. Louis 6 Columbus 1
N.Y. Rangers 3 Philadelphia 2 (SO)
Tampa Bay 2 Chicago 0
Saturday's results
Edmonton 4 Vancouver 1
Montreal 3 New Jersey 1
Toronto 4 Ottawa 2
Boston 3 Atlanta 2
Carolina 4 N.Y. Islanders 2
Detroit 4 Nashville 3 (OT)
Los Angeles 3 Dallas 1
Pittsburgh 4 Florida 2
San Jose 4 Anaheim 2
Tampa Bay 3 Minnesota 1
Washington 5 Buffalo 4 (OT)
Tonight's games
Boston at N.Y. Rangers, 7 p.m.
Los Angeles at San Jose, 10:30 p.m.
Tomorrow's games
Tampa Bay at Buffalo, 7 p.m.
Washington at Toronto, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.
Chicago at Montreal, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Atlanta at Nashville, 8 p.m.
Columbus at Dallas, 8:30 p.m.
Vancouver at Edmonton, 9 p.m.

FLAMES 2, AVALANCHE 1

First Period
No Scoring.
Penalty — Bouwmeester Cal (holding) 4:16.
Second Period
1. Calgary, Jokinen 17 (Tanguay, Bouwmeester) 10:23
Penalties — Backlund Cal (slashing) 2:13, Bouwmeester Cal (holding) 7:43, Duchene Col (slashing) 14:51.
Third Period
2. Calgary, Tanguay 21 (Iginla) 8:13
3. Colorado, Hejduk 21 (Liles, Olver) 15:00
Penalties — None.
Shots

Calgary	11	12	13	36
Colorado	10	18	7	35

Goal — Calgary: Kiprusoff (W,36-24-6); Colorado: Budaj (L,14-19-4).
Power plays (goals-chances) — Calgary: 0-1; Colorado: 0-3.

SATURDAY

LEAFS 4, SENATORS 2

First Period
1. Toronto, Kessel 30 (Grabovski, MacArthur) 12:23
Penalties — Condra Ott (hooking) 5:45, Rosehill Tor (cross-checking) 15:13.
Second Period
2. Toronto, Kadri 3, 4:32
3. Ottawa, Spezza 18 (Butler) 19:05
Penalties — None.
Third Period
4. Ottawa, Spezza 19 (Benoit, Wiercioch) 3:03 (pp)
5. Toronto, Bozak 14 (Lupul, Gunnarsson) 5:42 (pp)
6. Toronto, Kulemin 29 (MacArthur) 18:40
Penalties — Grabovski Tor (tripping) 1:13, Winchester Ott (high sticking) 3:43, Grabovski Tor (tripping) 9:14, Smith Ott (boarding major) 11:44.
Shots

Toronto	11	6	13	30
Ottawa	8	10	7	25

Goal — Toronto: Reimer: (W,20-8-4); Ottawa: Anderson: (L,22-20-4). **Power plays (goals-**

OILERS 4, CANUCKS 1

First Period
1. Edmonton, Foster 7 (Jones, Eberle) 16:46 (pp)
Penalties — Eberle Edm (tripping) 3:28, Rome Vcr (tripping) 15:03.
Second Period
2. Edmonton, Eberle 18 (Cogliano, Foster) 2:53 (pp)
3. Edmonton, Omark 5 (Hartikainen, Cogliano) 9:59
4. Vancouver, Burrows 25 (H. Sedin, Bieksa) 15:20
Missed penalty shot — Hartikainen Edm, 16:29
Penalties — Oreskovich Vcr (hooking) 2:41, Vandermeer Edm (tripping) 4:11, Jacques Edm, Glass Vcr (fighting) 8:32, VandeVelde Edm (hooking) 18:53.
Third Period
5. Edmonton, Paajarvi 13 (Omark, Vande-Velde) 10:14
Penalties — Paajarvi Edm (boarding) 13:46, Rome Vcr (elbowing) 18:28.
Shots

Edmonton	9	10	15	34
Vancouver	11	9	21	41

Goal — Edmonton: Dubnyk (W,11-12-8); Vancouver: Schneider (L,15-4-2). **Power plays (goals-chances)** — Edmonton: 2-3; Vancouver: 0-4.
Referees — Steve Kozari, Rob Martell. **Linesmen** — Lonnie Cameron, Jay Sharrers.
Attendance — 18,860.

CURLING

WORLD MEN'S CHAMPIONSHIP

At Regina

Country (skip)	W	L
Canada (Stoughton)	**3**	**0**
China (Chen)	2	0
Scotland (Brewster)	2	0
France (Dufour)	2	1
Czech Rep. (J.Snitil)	1	1
Switzerland (Schwaller)	1	1
Sweden (Edin)	1	1
Norway (Ulsrud)	1	1
U.S. (Fenson)	1	1
Germany (Kapp)	0	2
Denmark (T.Stjerne)	0	3
South Korea (DK.Lee)	0	3

ROUND ROBIN
Yesterday's results
Third Draw
Czech Republic 7 Norway 5 (extra end)
Switzerland 6 U.S. 4
Fourth Draw
Canada 7 Germany 4
China 7 Denmark 6
Scotland 9 South Korea 6
Sweden 7 France 6
Fifth Draw
Sweden vs. U.S.; Scotland vs. Switzerland; Norway vs. Germany; Czech Republic vs. China.
Saturday's results
First Draw
Canada 8 Switzerland 4
U.S. 7 Denmark 4
France 9 Czech Republic 5
Norway 8 South Korea 7 (extra end)
Second Draw
Canada 9 Denmark 5
China 6 Germany 4
France 8 South Korea 2
Scotland 7 Sweden 6
Today's games
Sixth Draw, 10:30 a.m.
France vs. Denmark; China vs. Sweden; **Canada** vs. South Korea; Scotland vs. Germany.
Seventh Draw, 3:30 p.m.
Norway vs. Sweden; Germany vs. U.S.; Scotland vs. Czech Republic; China vs. Switzerland.

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Baltimore	3	0	1.000	—
New York	2	1	.667	1
Toronto	2	1	.667	1
Boston	0	3	.000	3
Tampa Bay	0	3	.000	3
CENTRAL DIVISION				
Kansas City	3	1	.750	—
Chicago	2	1	.667	½
Cleveland	1	2	.333	1½
Detroit	1	2	.333	1½
Minnesota	1	2	.333	1½
WEST DIVISION				
Texas	3	0	1.000	—
Seattle	2	1	.667	1
Oakland	1	2	.333	2
Los Angeles	1	3	.250	2½

Yesterday's results
Cleveland 7 Chicago White Sox 1
Detroit 10 N.Y. Yankees 7
Minnesota 4 Toronto 3
Baltimore 5 Tampa Bay 1
Texas 5 Boston 1
Kansas City 12 L.A. Angels 9 (13 ings)
Oakland 7 Seattle 1
Saturday's results
Chicago White Sox 8 Cleveland 3
Toronto 6 Minnesota 1
Kansas City 5 L.A. Angels 4
N.Y. Yankees 10 Detroit 6
Baltimore 3 Tampa Bay 1
Texas 12 Boston 5
Seattle 5 Oakland 2
Today's games
Detroit (Porcello 0-0) at Baltimore (Arrieta 0-0), 3:05 p.m.
Minnesota (Baker 0-0) at N.Y. Yankees (Nova 0-0), 7:05 p.m.
Seattle (Bedard 0-0) at Texas (Holland 0-0), 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Philadelphia	3	0	1.000	—
Atlanta	2	1	.667	1
New York	2	1	.667	1
Florida	1	2	.333	2
Washington	1	2	.333	2
CENTRAL DIVISION				
Cincinnati	3	0	1.000	—
Pittsburgh	2	1	.667	1
Chicago	1	2	.333	2
St. Louis	1	2	.333	2
Houston	0	3	.000	3
Milwaukee	0	3	.000	3
WEST DIVISION				
Los Angeles	2	1	.667	—
San Diego	2	1	.667	—
Arizona	1	1	.500	½
Colorado	1	1	.500	½
San Francisco	1	2	.333	1

Yesterday's results
Cincinnati 12 Milwaukee 3
N.Y. Mets 9 Florida 2
Atlanta 11 Washington 2
Philadelphia 7 Houston 3
St. Louis 2 San Diego 0
Pittsburgh 5 Chicago Cubs 4
Arizona at Colorado (ppd., snow)
San Francisco at L.A. Dodgers
Saturday's results
Washington 6 Atlanta 3
Chicago Cubs 5 Pittsburgh 3
San Diego 11 St. Louis 3
San Francisco 10 L.A. Dodgers 0
Philadelphia 9 Houston 4
Cincinnati 4 Milwaukee 2
N.Y. Mets 6 Florida 4 (10 ings)
Colorado 3 Arizona 1
Today's games
Atlanta (Beachy 0-0) at Milwaukee (Narveson 0-0), 2:10 p.m.

LACROSSE

NLL

EAST DIVISION	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	10	4	.714	165	139	—
x-Buffalo	12	8	4	.667	131	112	1
x-Rochester	12	7	5	.583	125	125	2
Boston	14	6	8	.429	141	139	4
Philadelphia	13	5	8	.385	121	149	4½
WEST DIVISION							
y-Calgary	14	10	4	.714	177	157	—
x-Washington	14	7	7	.500	177	165	3
x-Minnesota	13	6	7	.462	149	147	3½
Edmonton	14	4	10	.286	151	177	6
Colorado	12	3	9	.250	106	133	6

x — clinched playoff berth; y — clinched division.
WEEK 13
Saturday's results
Colorado 7 Edmonton 6
Minnesota 13 Calgary 8
Philadelphia 12 Toronto 11
Rochester 19 Boston 8
Washington 10 Buffalo 9 (OT)
Friday's results
Calgary 15 Minnesota 12
Edmonton 14 Colorado 10
Toronto 13 Washington 12 (OT)

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	3	2	1	0	2	1	6
New England	3	1	0	2	4	3	5
New York	3	1	0	2	2	1	5
Chicago	2	1	0	1	4	3	4
Kansas City	3	1	1	1	8	8	4
Toronto	3	1	1	1	5	5	4
Columbus	3	1	1	1	3	3	4
D.C. United	3	1	2	0	5	7	3
Houston	3	0	1	2	2	3	2

WESTERN CONFERENCE

Colorado	3	3	0	0	8	2	9
Los Angeles	4	2	1	1	4	5	7
Real Salt Lake	2	2	0	0	5	1	6
Vancouver	3	1	1	1	7	6	4
San Jose	3	1	1	1	4	3	4
Seattle	4	0	2	2	3	5	2
Chivas USA	3	0	2	1	3	5	1
Portland	3	0	2	1	2	6	1
Dallas	3	0	2	1	1	5	1

Note: Three points for win, one point for tie.
Last night's result
Colorado 4 D.C. United 1
Saturday's results
Chivas USA 1 Toronto 1
Vancouver 3 Sporting Kansas City 3
Los Angeles 1 Philadelphia 0
New England 1 Portland 1
New York 1 Houston 1
San Jose 2 Seattle FC 2
Wednesday's game
New England at Vancouver, 10 p.m.

TENNIS

SONY ERICSSON OPEN

At Key Biscayne, Fla.
SUNDAY
Men
Singles — Championship
Novak Djokovic (2), Serbia, def. Rafael Nadal (1), Spain, 4-6, 6-3, 7-6 (4).
Women
Doubles — Championship
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska, Poland, def. Liezel Huber, U.S., and Nadia Petrova (3), Russia, 7-6 (5), 2-6, 10-8 (tiebreak).
SATURDAY
Women
Singles — Championship
Victoria Azarenka (8), Belarus, def. Maria Sharapova (16), Russia, 6-1, 6-4.
Men

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	56	20	.737	—
y-Miami	54	23	.701	2½
y-Boston	53	23	.697	3
x-Orlando	48	29	.623	8½
x-Atlanta	44	33	.571	12½
x-Philadelphia	40	37	.519	16½
New York	38	38	.500	18
Indiana	35	43	.449	22
Charlotte	32	44	.421	24
Milwaukee	31	45	.408	25
Detroit	26	50	.342	30
New Jersey	23	53	.303	33
Toronto	21	55	.276	35
Washington	20	56	.263	36
Cleveland	15	61	.197	41

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	58	19	.753	—
y-L.A. Lakers	55	21	.724	2½
x-Dallas	53	23	.697	4½
x-Oklahoma City	50	26	.658	7½
x-Denver	47	29	.618	10½
Portland	44	32	.579	13½
New Orleans	44	33	.571	14
Memphis	44	33	.571	14
Houston	41	36	.532	17
Phoenix	37	39	.487	20½
Utah	36	41	.468	22
Golden State	33	44	.429	25
L.A. Clippers	30	47	.390	28
Sacramento	22	54	.289	35½
Minnesota	17	60	.221	41

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Yesterday's results
San Antonio 114 Phoenix 97
Denver 95 L.A. Lakers 90
Sacramento 106 Utah 97
Boston 101 Detroit 90
Washington 97 Charlotte 91
Miami 108 New Jersey 94
New York 123 Cleveland 107
Toronto 102 Orlando 98
Houston 114 Atlanta 109
New Orleans 108 Indiana 96
Dallas at Portland
Saturday's results
Chicago 113 Toronto 106
Memphis 106 Minnesota 89
Milwaukee 93 Philadelphia 87 (OT)
Golden State 99 Dallas 92
L.A. Clippers 98 Oklahoma City 92
Tomorrow's games
San Antonio at Atlanta, 7 p.m.
Charlotte at Cleveland, 7 p.m.
Minnesota at New Jersey, 7 p.m.
Milwaukee at Orlando, 7 p.m.
Detroit at Washington, 7 p.m.
Philadelphia at Boston, 7:30 p.m.
Toronto at New York, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
L.A. Clippers at Memphis, 8 p.m.
Sacramento at Houston, 8:30 p.m.
Oklahoma City at Denver, 9 p.m.
Golden State at Portland, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

CRICKET

WORLD CUP

FINAL

Saturday's result
At Mumbai, India
India (277 for four wickets) def. Sri Lanka (274-6) by six wickets.

BASKETBALL

NCAA TOURNAMENT

At Houston
NATIONAL SEMIFINALS
Saturday's results
Butler 70 Virginia Commonwealth 62

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As we approach the provincial election in the fall, injured workers are demanding fair treatment and justice.

If you would like to know more about law reform and organizing by injured workers in this crucial time, call IAVGO Community Legal Clinic at 416-924-6477. We are a non-profit organization that provides free legal services to low-income Ontarians who are injured at work. We also stand with injured workers in their fight for fairness. Look for us on facebook and twitter!

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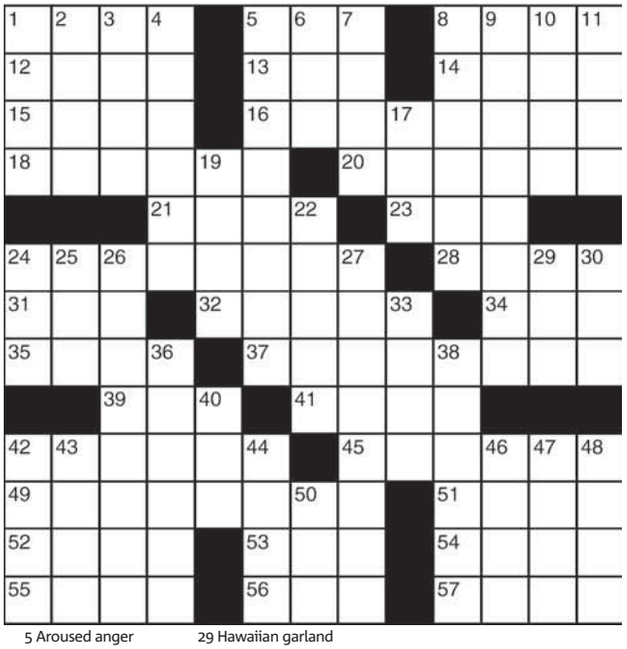

Across

1 Opposed to
5 Central
8 Bedouin
12 Iowa crop
13 Alias abbr.
14 Erte's art style
15 Grand story
16 Wicker-encased bottle
18 Insist on
20 Served tea
21 Appear to be
23 Spoon-bender Geller
24 Outward manner
28 Slithery fish
31 Eggs
32 Male voice
34 Born
35 Instrument of Marxism?
37 Insanity
39 Youngster
41 Harvard rival
42 Upper part of the foot
45 Maidens of Greek myth
49 Blue-stater
51 Hen pen
52 Slender
53 Japanese sash
54 Earthenware pot
55 Sea flock
56 Govt. media monitor
57 Agrees silently

Down

1 Scored 100 on
2 "Unh-unh"
3 Decorate, perhaps
4 If
5 Aroused anger
6 Eisenhower
7 Moist
8 Urge earnestly
9 Get one's bearings back
10 Rue the run
11 007
17 Debtor's letters
19 All spruced up
22 Cash
24 Homer's interjection
25 A Gabor sister
26 Skilled shooter
27 Amoristic
29 Hawaiian garland
30 Caribbean or Caspian
33 Depend (on)
36 Mountaineer's spikes
38 Without dissent
40 Calendar abbr.
42 Not busy
43 — -do-well
44 Lecture hall VIP
46 Equestrians' game
47 Maintain
48 Resorts
50 "Wipeout" network

▶ Weekend's answer

T	O	M		K	I	L	N		H	E	R	A
I	M	A		O	R	E	O		O	R	A	L
P	O	R	T	R	A	I	T		N	A	P	E
S	O	V	I	E	T		E	C	O			
			M	A	E		P	O	R	T	A	L
S	E	V	E	N		K	A	Y		I	R	A
O	R	E	S		O	E	D		K	E	E	N
A	G	E		F	L	Y		N	U	R	S	E
P	O	R	T	L	Y		B	E	D			
			H	U	M		E	C	Z	E	M	A
H	O	U	R		P	O	R	T	U	G	A	L
O	R	S	O		I	D	E	A		A	Y	E
D	R	A	W		A	D	A	R		D	O	E

Sudoku

2		1				4		9
	5	9	7		4	3	1	
8								7
			3		9			
	8			4			3	
			8		6			
4								2
	3	2	6		8	5	4	
1		5				8		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

3	1	6	2	5	8	7	4	9
4	5	8	9	7	1	6	3	2
7	2	9	6	3	4	1	5	8
5	6	2	1	4	7	8	9	3
9	7	1	3	8	2	4	6	5
8	4	3	5	9	6	2	1	7
2	3	4	8	6	9	5	7	1
1	9	7	4	2	5	3	8	6
6	8	5	7	1	3	9	2	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

I Love you too Courtney D. Over two and a half years and still going strong. But always remember Courtney feet used to be Courtney sweet. But guess what? ... They still are. <3

Dear Debra, Thank you for keeping us sheltered and being so good to us. You are the honey to our hive. Love, **THE HIVE**

Tom, That was the last weekend we had apart. Fom now on the time is ours. Can't wait to cuddle up and sleep in whenever we want. Love you forever and completely, **RUTH**

To my Princess. You get more and more beautiful every time I see you. Thank you for this wonderful, amazing second time around. We've got it right this time, don't we? I love you, baby.
JJ

Today
16°/0°
Rain
90%
Tuesday
6°/-2°
Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What good is life if you can't treat yourself to a few harmless dreams.

♉ Taurus April 21-May 21 The planets urge you to get over whatever it is that has made you a bit depressed.

♊ Gemini May 22-June 21 If someone makes you an interesting offer don't just assume there must be a catch.

♋ Cancer June 22-July 22 You won't get people to follow you simply by barking orders at them.

♌ Leo July 23-Aug.23 What happens over the next 24 hours will prove you were right..

♍ Virgo Aug. 24- Sept. 22 Make every hour, every minute and every moment count.

♎ Libra Sept. 23-Oct. 23 Life is as good as you want it to be, so want it to be perfect in every way — and it will be.

♏ Scorpio Oct. 24-Nov. 22 Get busy on that artistic project you have been thinking about.

♐ Sagittarius Nov. 23-Dec. 21 Not everyone is against you and even those who are act mainly out of fear. trust more.

♑ Capricorn Dec. 22-Jan. 20 If you don't push yourself a bit today you'll feel as if you have let yourself down. Get busy.

♒ Aquarius Jan. 21-Feb. 18 You've always been adventurous, but now there's a purpose to your travels.

♓ Pisces Feb. 19-March 20 . What is your highest ideal? Can you live up to that vision of yourself? Yes you can.

SALLY BROMPTON

Caption contest

DMITRY LOVESTKY/ THE ASSOCIATED PRESS

JOHN WAGNER/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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